

TIP OF THE

Feb. 25, 2005

SWORD

Incirlik Air Base, Turkey



The cost of calling

Looking into what makes
an Incirlik phone bill

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On the cover:

Incirlik telephone operator 10 connects people for a living. The operators use their number instead of their names because they do not want to be taken advantage of by the people who know them. Telephone service is not free on Incirlik. Each time a long distance call is made a bill is generated. That bill is passed on to the person who made the call. See related article, Page 7. (Photo by Airman Bradley Lail)

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COMMANDER'S COMMENTS



By Col. Michael Gardiner,
39th Air Base Wing commander

Promotions

The names of those officers chosen for promotion to colonel and lieutenant colonel were announced Thursday. Congratulations to the following Incirlik selectees:

Promotion to colonel: Lt. Col. **Samuel Douglas**, 39th Mission Support Group deputy commander.

Promotion to lieutenant colonel: Maj. **Robert Ramey**, 39th Air Base Wing Staff Judge Advocate

CSIP

Combat Fitness is a U.S. Air Forces in Europe program designed to encourage people to get out and take their health seriously. Documenting workouts on the FitLinxx system can help you track your progress and participating in unit physical training helps you get ready to pass your fitness test.

Safety

Safety is an integral part of every task we do. Nothing is so important that we can cut corners or be unsafe to get it done. We have to fight against complacency—if something looks out of place, dangerous or different, stop and fix the problem. Cutting corners or ignoring procedure just because “that’s the way we’ve always done it” is inviting a disaster

through the front door. An airmen injured in a safety mishap hurts the mission just as much as an airmen injured by enemy fire! Everyone must be aware of their surroundings and alert to dangers. If you see something unsafe report it. Keep an eye on your fellow Airmen and don’t take a chance if you don’t need to.

Commander's Action line

The Commander’s Action Line is your direct link to me. It’s your opportunity to make Incirlik a better place to live and work. If you have a problem the first step is to try to get it solved through the appropriate base agency or chain of command. If you don’t get a satisfactory answer, voice your concern to me. Remember it’s important that you try to get the issue solved through the appropriate chain of command first. You can submit an action line by e-mailing action.line@incirlik.af.mil or calling the Incirlik Public Affairs Office at 6-6060. Concerns will be edited to 300 words or less and action lines may be printed in the *Tip of the Sword*.

Force Protection

It’s critical you understand force protection is everyone’s responsibility. We all have a part in keeping people safe and preventing unauthorized access to equipment, installations, material and documents. Shred work products such as recall rosters and be aware of your surroundings when talking about work related subjects; anyone can be listening. Be cautious in crowded areas and take responsibility for yourself and those around you. If anything seems wrong or out of place trust your instincts, they’re there for a reason, and report it to the law enforcement desk at 6-3200.

The *Tip of the Sword* wants
to know ...

Do you have a
Love - hate relationship
with running?



Love to run and feel the wind in your hair? Or do you hate to run more than you hate having the flu? Send your opinion of running to sabra.bryant@incirlik.af.mil by March 30 to participate in a completely anonymous poll of the Incirlik community. Results will be used to support an upcoming story in the *Tip of the Sword*.

The 39th Air Base Wing Public Affairs staff prepares all editorial content in the *Tip of the Sword*. The 39th ABW Public Affairs Office (Unit 7090, Box 135, APO AE 09824-5153) is located in Building 833, Room 274.
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Aptitude, attitude

Two words, different meanings same benefits

By Maj. Todd Cheney

39th Logistics Readiness Squadron

The message delivered during an NCO Academy graduation speech about aptitude and attitude, given by former Chief Master Sergeant of the Air Force Robert Gaylor, always stuck with me because it was easy to relate to and simple.

Each one of us has an aptitude and an attitude. We can work to improve both of them by making choices in our daily lives. Great aptitudes and great attitudes ensure mission success.

Aptitude is defined as the quickness of learning and understanding. As we go through our formal education growing up, we sit next to some of these folks with great aptitudes. Myself, I seemed to have to read everything twice and studied a heck of a lot more than my classmates. As the classes got harder, individual aptitudes became more apparent.

I remember taking one class in particular where almost the entire class was struggling to get a "C," except for one of my friends. He seemed to have some magical ability to open his mind up to new concepts, quickly absorbing and understanding them. We would hold study sessions where most of us would be racking our brains on a specific problem and my friend would walk in late, looking like he just came from playing beach volleyball, and quickly explain to the rest of us how to solve the problem. It was a clear example of how we are not all equal when it comes to aptitude, but it certainly didn't mean we didn't have the choice to continue to improve.

You can and should improve your aptitude every chance you get. Reading books is still a good idea. Taking classes only expands opportunities. Each one of us has many competing priorities that consume our time; it's up to the individual to prioritize their time so they can improve their aptitudes.

Ultimately it helps open doors for you and it definitely helps improve our mission effectiveness.

Attitude is a state of mind or feeling. Unlike aptitude, we all have an equal opportunity to change our attitude instantly. Whether consciously or unconsciously, we make choices that determine our attitudes.

When we wake up, we decide whether we are going to have a good or bad day. Granted there are outside influences that may impact our choices, but when we wake up even if we feel groggy or even a little achy, it's truly our choice whether we adopt a grumpy attitude or a positive one day ahead.

As you head out to your unit's physical fitness training and its freezing cold, you could take a bad attitude and be down in the mouth about the training session and carry that into duty later or you could look for the positive things. For example, you are getting a healthy start on the day and enjoying the camaraderie of your fellow Airmen. Choosing the positive side, ends up making me feel better about my day and helps me accomplish more.

The funny thing about attitudes is, unlike aptitudes, they are contagious. Ever notice how one person can bring down an entire team if they come in with a bad attitude? Likewise, someone with a great attitude can lift up the spirits of their teammates. In either situation, everyone around them starts making attitude choices. What was a mediocre team with little esprit de corps can quickly turn into a strong unbeatable team. We all have the choice to make a difference and to keep a positive attitude even when things aren't going our way.

Aptitude and attitude are key elements that make us who we are. We have the choice to improve both of them, but the easiest one to improve is attitude. So, as you go through your day, pause every so often and check your attitude. If it's not the best, make the choice to change it. Your family and fellow Airmen will benefit and appreciate it.

Project Wizard, a U.S. Air Forces in Europe special interest program, focuses on the opportunities to study and explore through libraries. For more information about the program or upcoming events, call the library at 6-6759.



YOUR TURN

Who is your hero and why?

"My dad, because he stuck by me through everything."

— **Airman 1st Class Amy Stacey**, 39th Operations Squadron



"My hero is my wife, because she tolerates all the deployments and has to run the show while I'm gone. It's a hard job but she has it."

— **Tech. Sgt. Tim Lindsey**, Deployed with the Birmingham, Ala., Air National Guard



"My heroes are people who have self confidence and are at peace with themselves."

— **Aysen Cox**, University of Maryland University College teacher



"My dad, because he stands up for what he believes in. He taught me the way of life, discipline and how to be a loving caring father and husband."

— **Staff Sgt. Paul Hight**, 728th Air Mobility Squadron



"God is my hero because everything runs smoothly when you have a relationship with him."

— **Brittney Stone**, Army Air Force Exchange Service



To submit a question for "Your Turn," call 6-6060 or e-mail tip.sword@incirlik.af.mil

TSP 'open season' limitations end July 1

By Gerry Gilmore

American Forces Press Service

WASHINGTON (AFP) — Defense Department civilians and servicemembers building tax-free retirement accounts through the Thrift Savings Plan soon will be able to change their investment options at any time instead of just twice a year.

Current biannual TSP "open season" investment-choice windows will end July 1, said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council. TSP participants, she said, will be able to switch their retirement account options at any time.

Colonel Fenton said "there's not going to be the two open seasons during the year" where people can sign up for the retirement

savings and investment program, change their contribution levels or investment options.

Military people and civilians covered by the Civil Service Retirement System can contribute up to 10 percent of their paycheck and any bonuses or special pay to establish tax-free retirement accounts that grow from accumulated savings and investments in bonds, stocks and international funds. Employees covered by the Federal Employees Retirement System can contribute up to 15 percent in 2005. From 2006 on, no limit will apply to any participants in TSP.

Another TSP change also slated to start July 1 gives participants the choice of having a financial manager automatically adjust how funds are invested as market conditions change, officials said.

"They'll move you from equities to bonds when you need to," Colonel Fenton said, which should assist participants in maximizing their contributions.

Servicemembers have been eligible to establish tax-free TSP retirement accounts since January 2002, she said.

Establishing a TSP account is a good idea even for those servicemembers who do not serve long enough to qualify for a pension, Colonel Fenton said. TSP funds accumulated during military service, she said, can be transferred to participating federal agency TSPs if a departing servicemember takes a government civilian job.

And, TSP savings can also be rolled into nongovernment civilian employers' individual retirement accounts, the colonel said.

Tickets available for USAFE's Annual Awards Banquet

RAMSTEIN AIR BASE, Germany (USAFENS) — Tickets for the U.S. Air Forces in Europe's Annual Awards Banquet are available for purchase March 1.

The USAFE Annual Awards Banquet will be 6:30 p.m. April 8 at the Ramstein Air Base Officers' Club. Price of the tickets for the meat option is \$24 for club members and \$27 for non-members. Ticket prices for the vegetarian option are \$16.55 for club members and \$19.55 for non-members.

The USAFE Annual Awards Banquet honors the command's outstanding Airmen and civilians competing in the categories of Airmen, Noncommissioned Officer, Senior NCO, Company Grade Officer, First Sergeant of the Year and Civilian — Categories I and II. USAFE leaders will announce the winners from each category during the event.

The deadline for ticket purchase is March 30 and can be purchased from wing command chief master sergeants or organization first sergeants. Guest speaker for the evening will be former Vice Chairman of the Joint Chiefs of Staff, Gen. Joseph Ralston. Both civilians and military members of all ranks are welcome to attend.

For more information, contact your wing command chief master sergeant or first sergeant.



Photo by Senior Airman Dallas Edwards

Staying fit

Celisse Ruiz, an Incirlik family member, proves that even non-military members stay fit to fight by participating in a step aerobics class at the base fitness center. For more information on step aerobics classes, or any other class the center offers, call 6-6086.



Hidden Heroes is a U.S. Air Forces in Europe special interest program that recognizes people and programs that make a difference to the base and community. The program's goal is to increase volunteerism throughout Incirlik and USAFE. To volunteer, call the family support center at 6-6755.

AFAF raises funds, help Airmen in a jam

By Senior Airman Jessica Switzer

39th Air Base Wing Public Affairs

The Air Force Assistance Fund kicks off its annual fundraiser here with a five kilometer run 7 a.m. Saturday at Arkadas Park.

"The AFAF is the official fundraiser for the Air Force," said Senior Master Sgt. Eric Stone, 39th Air Base Wing alternate AFAF fundraiser point of contact. "We are raising funds to help offset financial strains felt by active duty, retirees, guard and reserve members and their dependents including their surviving spouses."

The help from the AFAF comes in the form of grants, scholarships, secure retirement homes and no interest loans for emergencies said Sergeant Stone.

Last year, \$21.3 million of the AFAF was used for over 3,000 people, according to the Air Force Aid Society fact sheet. More than \$11 million of that went to emergency assistance like interest free loans and grants that people used for everything from emergency travel to funeral expenses.

Last year Incirlik and Izmir contributed more than \$28,000 to the AFAS through the AFAF drive, according to an AFAF fundraising information package. Last year people from Incirlik received more than \$54,000 from the AFAS.

In addition to emergency funds the AFAS contributes to things like spouse tuition assistance, educational grants and community enhancement programs like child care initiatives, Heart Link, wellness and youth employment skills programs.

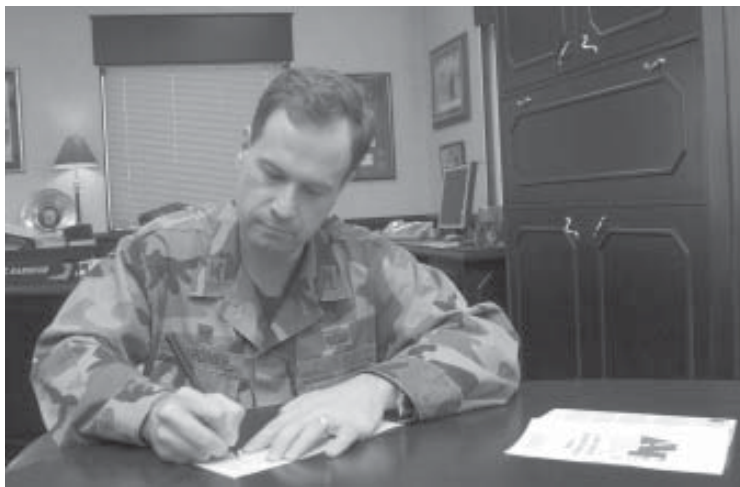


Photo by Senior Airman James Seymore III

Col. Michael Gardiner, 39th Air Base Wing commander makes a donation to the Air Force Assistance Fund. Donations to the fund may be made until April 15.

"This year Incirlik's goal is 50 percent participation in the fundraiser," said Sergeant Stone. "That means at least half the base makes the minimum donation."

People can contribute to the fund through a cash donation or payroll deduction, said Sergeant Stone. The minimum cash donation is \$1 and the minimum payroll deduction is \$1 per month for a minimum of three months.

The fundraiser runs through April 15. Each squadron and geographically separated unit has designated representatives. For more information, or to find out who the squadron representatives are, call the 39th ABW representatives Lt. Nancy Morin at 6-6499 and Sergeant Stone at 6-8350.

Multimedia master sergeant brings home USAFE award



Master Sgt. Julie Layton, 39th Communications Squadron visual information manager, prepares a work order for a customer requesting to use a projector. Sergeant Layton won a U.S. Air Forces in Europe award and will go on to compete at the Air Force level later this year.

By Senior Airman Jessica Switzer

39th Air Base Wing Public Affairs

A sergeant from the 39th Communications Squadron won a 2004 U.S. Air Forces in Europe award in January.

Master Sgt. Julie Layton, 39th CS visual information manager, received the Air Force Communication and Information award in the visual information senior NCO category.

The Boyne City, Mich., native is the base multimedia manager; she oversees all of the photo and graphics for the base. She also manages all of the base level video that takes place on Incirlik.

"I couldn't have asked for a better master sergeant in the multimedia center," said Capt. Dare Rapanotti, 39th CS support flight commander. "Sergeant Layton is completely selfless, hard-working and always willing to go the extra mile."

"AFN does all of the USAFE and Air Force level, news video," she said. "We provide base-level support videos for ceremonies and other base-level videos."

Visual information touches every part of base life said Sergeant Layton, a 19 year

veteran of the Air Force.

The photography section covers official photos, alert photography of accidents and fires and photos that appear in the *Tip of the Sword* she said. Graphics is responsible for posters around base, annual and group awards presentations.

"Every time you think of an event happening on base it touches us, because we are a part of it," she said.

Managing that many different jobs takes a special kind of person said Tech. Sgt. Kathryn Manning, 39th CS NCO in charge of graphics.

"She's meticulous and hard working," said Sergeant Manning. "She seeks opportunities to improve things."

While Sergeant Layton may have won an individual award she credits that win to the entire multimedia team.

"We have a lot of great workers who make an impact everyday on this base," she said. "Whether it's a promotion photo, poster for the annual awards ceremony or video for the Hennessey Award competition, we work hard to add that special touch to the event. Most of our folks will tell you they have one of the best jobs in the Air Force."

Interdependence more than just joint warfighting

By Louis A. Arana-Barradas
Air Force Print News

ORLANDO, Fla. — The Air Force must balance its capabilities and capacities to reach the joint interdependence with its sister services it needs to win in today's battlespace.

That is the message Lt. Gen. Ronald Keys, Air Force deputy chief of staff for air and space operations, delivered in Orlando, Fla. Feb. 18 to about 1,000 attendees of the Air Force Association's annual Air Warfare Symposium. The association promotes Air Force interests.

The general said balance has driven the Air Force to go beyond "just fighting joint" to "fighting together" with the other U.S. armed forces. Today's Air Force fights a more refined "together, not just because it works in an interoperability sense, but because the services need each other.

"We simply can't fight apart, nor can we afford to fight apart," he said.

The other services, General Keys said, are talking more about interdependence. But the Air Force is no stranger to the concept. It has provided the other services capabilities like airlift, close-air support, aerial refueling, intelligence, surveillance and reconnaissance for a long time.

"The Air Force has long been the joint coalition-culture service," he said.

But transitioning to a truly interdependent force requires extensive cooperation because forging such a force requires close collaboration in planning, interoperable communications and intelligence training, the general said. Today, however, interdependence goes both ways.

"Before, the Air Force was more or less 'free goods' to the joint force, because our bases were safe in the rear areas, in friendly territory," General Keys said. "But now there may not be a rear area. The base could be in enemy territory."

A prime example is Balad Air Base, Iraq, which endures 30 to 50 rocket and mortar attacks a month. There, Airmen depend on Soldiers for base defense, while Airmen generate air power, he said. But a joint team of Airmen and Soldiers combine intelligence, surveillance and reconnaissance to help thwart attacks.

At the same time, C-130 Hercules aircraft are flying more than 164 daily sorties for U.S. Central Command. This means 13 Army convoys do not have to face the gauntlet of roadside bombs through Iraq's Sunni Triangle, the general said.

"So here's the emerging difference," General Keys said. "Interoperability is all about what capabilities I have that can make your operations better. Interdependence is all about what you need done that you can't live without, (and) my capability is the only capability you have."

To reach the needed level of interdependence, the U.S. military must first solve a host of problems. Some of the issues that need fixing include finding ways to have compatible systems, training, collaborative and predictive tools and Web-based networks.

But there are many examples of how interdependence is already working in all corners of the globe.

For example, Nevada Guardsmen process photographs taken by a Global Hawk unmanned aerial vehicle flying over Iraq that end up supporting Soldiers on the ground searching for suspected terrorists. After an aerial refueling over Guam, B-52 Stratofortress bombers roll in on a range on the Korean peninsula to practice close-air support of ground forces. While over the Caribbean Sea, a C-130 flies a resupply mission to the U.S. embassy in Colombia.

These illustrations of global vision, reach and power are prime examples of the global joint interdependent force the U.S. military is forging, General Keys said.

IN THE NEWS

Annual Awards Banquet

The 39th Air Base Wing Annual Awards Banquet is 6 p.m. Wednesday at the Incirlik club. For tickets, contact unit first sergeants.

Stray Animal Facility

The Stray Animal Facility is reopening Tuesday. The facility is located on the north side of base at the base stables. It is open 8 a.m. to 5 p.m. Mondays through Sundays. Stray animals are kept for a minimum of three days to allow owners time to claim lost pets and provide pet adoption services. For more information call Tech Sgt. Chris Vansile at 6-8066.

Educational Grant

The Airlift and Tanker Association is offering an enlisted tuition grant. Applications are available at the education center. For more information, call Master Sgt. Ken Moore at 6-8371 or Lt. Col. Janon Ellis at 6-6710.

General court martial

A general court martial is 8:30 a.m. Tuesday at the Wing Staff Judge Advocate's Office in Building 833. There is limited seating and standing is not allowed. For more information, call Capt. Mechel Campbell at 6-6800.

Wing promotion ceremony

A wing promotion ceremony is 3 p.m. Monday in the consolidated club ballroom. For more information, call Master Sgt. Chuck Collins at 6-6364.

LRS move

The 39th Logistics readiness Squadron consolidated customer service element is located in Building 252, the new warehouse next to the old base service store. For more information, call Master Sgt. Sylvia Kelley at 6-6133.

Base tax center

The base tax center hours of operation are 8 a.m. to 4 p.m. Mondays, Tuesdays and Fridays and 11 a.m. to 7 p.m. Wednesdays. For more information, call Staff Sgt. Brian May at 6-3237 or Andris Stogner at 6-6800.



Project CHEER focuses on creating a positive atmosphere by offering unaccompanied airmen opportunities to participate in trips, tournaments, classes, giveaways and community service events.

Telephones have changed since Mr. Bell

By 1st Lt. S.J.B. Bryant
39th Air Base Wing Public Affairs

It has been 129 years this March since a Scottish-born American inventor and speech teacher patented his invention that would change the way people communicate.

Alexander Graham Bell's invention has changed drastically from the battery and wire contraption he introduced in the 1800s. Today, billions of miles of cable, optical fibers and satellites are used to help people "phone home."

All that technology has come at a price as well. Mr. Bell and his father-in-law, Gardiner Hubbard, may have made only \$20 from two leased telephones in the beginning but neither one would have guessed the business would grow to \$200 billion in 2004.

Of course the Department of Defense phone system is huge compared to Mr. Bell's invention. It encompasses cables, satellites and switching equipment around the globe to bring the world right to the phone on your desk, said Master Sgt. Andrew McClinton, NCOIC of telephone switch operations.

"At Incirlik, we also have DoD phone connections in residential quarters, which brings special responsibilities," said Sergeant McClinton, who has been in the wire business for more than 17 years. "The telephone in your quarters is regulated by Air Force Instruction 33-111, attachment 4. This AFI specifies the fees charged to the community for on-base telephone service. The money residents pay each month goes to maintenance and upgrades for both the telephone systems and the base cabling."

According to the AFI, the government estimates local providers' cost and provides a universal cost for subscribers receiving service via government owned equipment. In actuality, this allows a set cost for all DoD bases providing telephone service — Aviano Air Base, Italy, and Kunsan Air Base, Korea, customers will pay the same fee, \$34.68.

"The fee gives you basic on-base service with the option of adding "99" access (local and long distance)," said Sergeant McClinton. "Customers are required to pay all commercial costs incurred by the government. It is actually a pretty good deal."

Sergeant McClinton explained Incirlik gets charged by the local carrier, Turk Telecomm, for all local or long distance commercial calls made from base phones as the government does not "own" the off-base telecommunications equipment. Also, since the cables and materials are already in place, the Incirlik customers are charged only for those services. Just how much those calls can cost customers depends on where and when they are calling as well as what the Turkish Lira rate exchange is during that time frame. For more precise rates, customers can log onto http://source/39CS_SCM/scmw/040527CallingCharges.htm.

On the other hand, service charges can get quite expensive, said Sergeant McClinton, if customers do not keep track of their service. For example, when a customer uses the "99" service from their house they are using Turk Telecomm for their call, who sends the bill to the base. Since the government is not allowed to pay for these calls, it must pass the bill onto the resident.

"There have been several instances where domestic help has used thousands of dollars in telephone service because no one was monitoring their calls to local numbers," said Sergeant McClinton. "But there is always the option to have the '99' service switched off so you will not run the risk of incurring this cost."



Photo by Airman Bradley Lail

Incirlik telephone operator 10, helps a customer find a telephone number. The operators, reached by dialing 113, can help people locate a number or make a call.

Unfortunately, there is no way to know about a bill ahead of time as the 39th CS capabilities are limited in this area. However, after the bill arrives, customers can contact either finance or the 39th CS to dispute a charge.

Internet connection is another service the government is not allowed to provide for residents directly. Mayanet currently provides Internet capabilities to Incirlik people through a contract with the 39th Services Squadron. The charge is \$8 per month for dial-up service. To order this service, customers must have basic telephone service in place and sign up for the Internet service at the club's cashier cage. Sergeant McClinton notes it is similar to paying an online service like America On-Line or Earth Link services back in the States.

While the concept of telephone charges for base residents are universal to all Air Force bases, the Incirlik system poses challenges to the communications team instilled with the responsibility of keeping the lines up and running.

"The Incirlik phone system is fairly unique," said Maj. Jeff Collins, 39th CS Mission Systems flight commander. "We provide the phone service to all government quarters on base and our Airmen have to work with the base customers and the host nation telephone company to keep service up. It's a different set of challenges than they find at most bases. Our troops have to learn a lot and work hard from the first day they arrive to make it happen smoothly for customers."

Military life

It does not have to be back breaking work

By Capt. Rickardo Bodden
39th Air Base Wing Public Affairs

Back injuries are becoming a more frequent problem for people in the Air Force according to Maj. Laura Fields, 39th Medical Squadron chief of physical medicine element.

"It is an accelerating epidemic in the military," said Major Fields. "If you don't condition your body to do your military job, eventually you will get hurt."

"Too many people are becoming more sedentary and stationary in their job. This is one of the reasons why injuries of the spine are becoming so prevalent."

Many do not realize the harm they are doing to their bodies by their lack of activity on and off the job, said to Major Fields. "One of the best initiatives to hit the Air Force is the push for fitness."

Almost any physical issue Airmen have is a big deal because we need to be fit to fight and stay deployable. Being mission ready to deploy is what our Air Expeditionary Air Force is all about.

"A lot of Airmen are out of shape and don't have enough muscle strength or endurance to do their job and this is leading to a high prevalence of strained backs and herniated discs. This is causing our troops to become broken down so they are on profile and not able to deploy," said Major Fields. "This hurts our readiness status."

The lumbar portion of the back is what people need to pay attention to when they sit for long periods of time. The lumbar portion of your spine is the lower-back region.

The spine needs to sustain an S-type of curve to ensure the discs are properly stabilized. The bottom part of the S is called the lumbar curve.



Photo and illustration by Airman Bradley Lail

Maj. Laura Fields, 39th Medical Squadron physical therapist, explains to Senior Airman Sharon Munster the proper posture for sitting, walking and standing to help prevent back problems.



Photo by Airman Bradley Lail

Maj. Laura Fields, 39th Medical Squadron physical therapist demonstrates the proper way to sit in a chair while at work. To achieve this, a lumbar roll placed in between the lower back and a chair, is needed. A lumbar roll can be made from an ordinary towel.

A proper lumbar curve can easily be achieved by placing a rolled towel, pillow or some type of lumbar roll at the lower-back area, generally right around the belt line. This roll will assist the spine in properly curving forward so the discs in the spine are not improperly compressed for long periods of time.

Without lumbar stabilization and constant forward bending, people are compressing the discs in their back and straining their back muscles, which can lead to bulging discs and serious medical problems.

According to Major Fields, any person who sits or bends forward for extended periods of time needs to correct the imbalance put on the spine by doing the opposite of what they've been doing.

Many people use the term, "slipped disc" to explain their back injury. There is no such thing, according to Major Fields. "The disc in a person's back doesn't slip and slide around like a hockey puck."

The discs between each vertebra in one's back are actually bands of cartilage surrounding a gel-like glob in the center of the disc.

"What happens is the gel within the disc gets forced out the back and begins to bulge then rupture over time as a result of bending forward improperly, long periods of sitting (at computers, meetings, or traveling) and poor posture, are just a few of the contributing factors," said Fields. "That is how a bulging disc leads to a herniated disc which will eventually lead to surgery if you don't make some changes."

"Prior to any strenuous activity, check out your body as you would check out your bike or car before a ride. Just like you would check to see your tires have equal and full pressure, make sure both

See **Back**, Page 10



Ask MEHMET

By Mehmet Birbiri, *Host Nation Adviser*

Noah's Food

Question: Mehmet, my Turkish co-workers bring their lunch from home. From time to time they ask me to join them when they bring something special. Yesterday, they brought a kind of desert I've never seen or tasted. It contained some fruit and spices. What is it?

Response: The dish you talk about is called "asure" in Turkish. Asure is one of the greatest indicators of the cultural richness of this country that dates back thousands of years. It is believed that asure has been cooked since Noah's time in this country. There is a tale behind it.

According to the story, Noah sailed in the Ark for 40 days and nights after the big floods. During those 40 days, the people in the ark ate nearly all the food. Noah gathered all the remaining food from the corners of the ark and bottom of the sacks and put it in a huge pot and cooked them altogether. The result was asure. It lasted until the ark landed and the waters withdrew.

It is believed that Noah's Ark landed on top of Mount Ararat, located in eastern Turkey. Mount Ararat is called "Agri Dagı" in Turkish.

It is believed that the ark landed on top of the mountain around the tenth day of the tenth month, according to the lunar calendar. On that day every year, in appreciation to God and commemoration of the ark's landing, asure is cooked and shared with friends and neighbors.

Depending on the cook, there may be some slight differences, but generally asure is cooked the same way. Here is one recipe:

Two pounds dehusked wheat
One pound of chickpeas
One pound of white beans
Five pounds of sugar.
Dried fruits (like raisins, apricots, figs, plums)

The chickpeas and beans are soaked separately for one day. That way, they absorb water and become ready for cooking. Wheat is put in a big pot with lots of water. When it starts to boil, add the sugar,



Photo by Senior Airman Dallas Edwards

Ibrahim Suidi Civan puts spices into a bag at his shop in old Adana. Some people add spices to assure when they make it. This can be done by adding the spices directly or boiling them separately and then adding them to the mix.

chickpeas and beans stirring continuously. Add water as required.

Then, add the dried fruit which may be soaked in water for a while before adding to the pot. If they are big, they could be cut into smaller pieces.

A glass of milk could be added to the mixture. Some people add various spices to the pot, while others boil those spices separately and pour their extract into the pot.

When the mixture becomes jelly-like, pour it onto plates and chill. Right before serving, put cinnamon and crushed walnuts on top. It is served cold.

Returning Pilgrims

Question: Mehmet, I was at the airport in Adana two weeks ago when I saw hundreds of people waiting for incoming passengers. What was interesting was that many of them had Turkish flags in their hands. Also the hoods of some cars were covered with Turkish flags. Were they waiting for a political leader, a government official, a national sports team or what?

Response: They were waiting for none of the ones on your list. They were waiting for the Moslem pilgrims coming from Mecca and other holy sites in Saudi Arabia after completing their pilgrimage, the hajj.

Going to pilgrimage is one of the five pillars of Islam. Wealthy and healthy Moslems should go for pilgrimage once during their life. If you had stayed long enough at the airport you would have noticed that most of the pilgrims were over their middle ages. The ones who complete the fifth pillar of Islam are called Hadji. Their social status raises in

the eyes of the community. After coming back from visiting the holy sites, they devote most of their time to religion.

The time for going for pilgrimage is right before the Feast of Sacrifice, which was celebrated two weeks ago. Adana is, and has been, a center for pilgrims going out and coming in due to its location and the international airport. All the pilgrims from Adana and surrounding cities use Adana Airport. The relatives of the coming pilgrims were at the airport to meet and welcome their hadjis and kiss their hands.

Before the Gulf War in 1991, Turkish pilgrims used to go to Saudi by buses going through Iraq as well as airplanes. Again, Adana was a major center for them. One of the plans for the new Grand Mosque in Adana was to be a gathering center for the pilgrims.

In Turkish

bugday - wheat
(boo - dai)

seker - sugar
(sheh - Kehr)

sel - flood
(cell)

Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail mehmet.birbiri@incirlik.af.mil.

Back

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sides of your body have the same flexibility. By screening yourself, before your job, physical training session or sporting event, you'll know you are properly warmed up and ready to go," according to Major Fields.

You have to maintain the health of the discs in your spine by staying hydrated, exercising regularly and stretching properly.

"By stretching and exercising on a regular basis, you are literally undoing the damage of the day and actually prolonging the health and durability of your whole body," said Major Fields.

Three key movements to rejuvenate the back are the runner stretch, the on-your-back hamstring stretch, and the repeated press-up.

"These are some of the most important stretches to get the discs

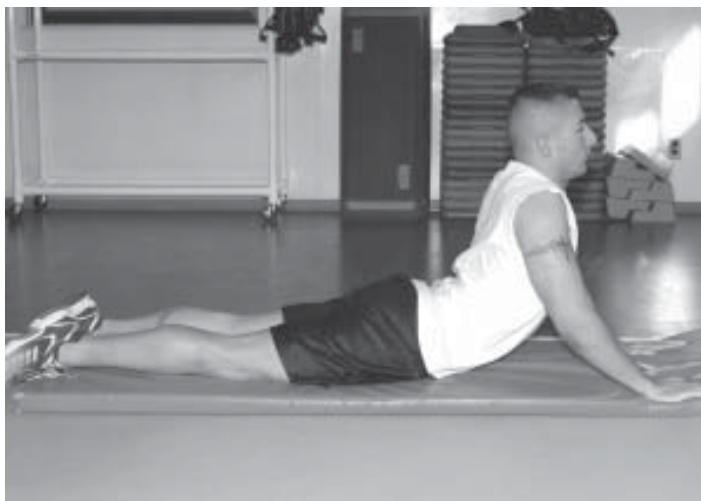
in your low back realigned to neutral and back to being friction free," said Major Fields. "If you're not equally flexible on both sides, friction occurs and constant friction in the joints of the body results in inflammation, pain and tissue break down."

People need to perform these stretches to prevent injury along with warming up before and stretching after their job, any PT and whenever their back is telling them to, according to Fields.

"Right after you've done the stretches to both sides of your body and both feel the same, you have then become your own body mechanic." Major Fields said. You just completed a spine tune-up on yourself where you re-hydrated, re-lubricated and realigned yourself so that you can now hit the ground running, friction free, and much less injury-prone.

Good to know

Below are a few stretches that, when performed correctly, can help prevent an injury to the spine



Staff Sgt. Eric Hernandez, 39th Communications Squadron computer security manager, demonstrates how to stretch the abdominals, hips, and chest. This is called the press up.



Sergeant Hernandez demonstrates the proper way to stretch the legs, inner thighs, and lower back. This stretch is one of many runner's stretches.



Sergeant Hernandez demonstrates how to stretch the legs and inner thighs. This stretch is one of runner's stretches.



Sergeant Hernandez demonstrates the proper way to stretch out the lower back and hips. This is called the layover stretch.

THE INCIRLIK GUIDE

NAAH Month event

In observance of National African American History Month, an Extravaganza is scheduled from 6 to 10 p.m. Feb. 26 at the club. For more information call Master Sgt. Curtis Palmer at 6-3131.

Final Friday

The 39th Communications Squadron hosts the "Final Friday" event from 5 to 7 p.m. tonight at the consolidated club. The contest is to find out who the toughest person is. For more information, call 6-5622

Cancellation

The dinner service and bingo game originally scheduled for Wednesday has been cancelled. For more information, call 6-6101.

Riding club

The Incirlik Country Plains Riding Club provides child birthday parties, to include pony rides, decorations and games, for a fee. Parties can be arranged and customized through the stables. For more information call, Angela Hill at 6-2153 or Dawn Welton at 6-5234.

PTSC meeting

The Incirlik American High School Parent Teacher Student Club is meeting 5 p.m. March 8 in the high school media center. For more information, call Senior Master Sgt. John Herkel at 6-6439.

Hodja Golf Course

The golf course is holding the following events: **Ladies special golf outing**, 2 p.m. Tuesdays, nine holes for \$9; **Early bird squadron outing**, booking an outing during the month of March saves 10 percent on fees; **Dorm Dweller Outing** four-person scramble Feb. 27 at 1 p.m., offered by the golf course. Sign-up deadline is Feb. 26. Prizes to be awarded. Cost is \$6; does not include green fees, clubs and golf cart. Dorm residents receive a 2-for-1 special. For more information, call 6-3313.

WARRIOR OF THE WEEK



Senior Master Sgt. William Walton III

39th Civil Engineer Squadron
Chief of Explosive Ordinance Disposal

Time in service: 24 years

Hometown: Phoenix, Ariz.

Time on station: 19 months ... a little over five months deployed, 14 months actually here.

Hobbies: Spending time with my family, though not a hobby, I consider crucial to my spare time

Why did you join the Air Force?

I entered the service at age 17, what the Department of Defense terms an "underage veteran." I initially thought it would be a four year, one time deal, but

it's a way of life I have grown to respect.

What do you like most about Incirlik?

The small town environment for my family.

How do you contribute to the 39th Air Base Wing's mission?

The 39th Civil Engineer Squadron Explosive Ordinance Disposal team has multiple and diverse missions. One minute the team can be supporting the security mission at Incirlik and the next deploy to support the recent presidential inauguration.

What is your favorite motto?

"Rigid flexibility" as put by a former supervisor and mentor early in my career. Know the direction or path you want to follow, but be ready for those last minute changes the Air Force may throw in your way in support of the mission.

Supervisor's quote:

"Sergeant Walton leads the way for dedication to the mission," said Lt. Col. Anthony Muzereus, 39th CES commander. "From responding to suspicious packages and dog alerts at the gates, to providing response capability for our base surety mission and deploying down range and dodging bullets. He takes care of the mission."

Classifieds

Yard sale: From 8 a.m. to 2 p.m. at 4042D Adana Drive March 12. For more information, call 6-5791 after 6 p.m.

For free: 220-volt items to anyone PCSing to England or other interested parties. Items include an alarm clock, toaster, extension cords with multiple outlets, telephone extension cords and converter plugs. For more information, call 6-5264 or 0538-308-6208.

For sale: A Motorola cellular phone, less than 4 months old, like new condition, in original package. \$100. For more information, call 6-5264 or 0538-308-6208.

For sale: 1989 Nissan Skyline, silver, four-door, twin-turbo engine, air conditioner, good condition. \$3,500 OBO. Call 6-2139.

Volunteers needed: The chapel needs volunteers to assist with light office duties including answering phones, preparing bulletins and aiding chaplains. No experience required,

training provided for each task. For more information, call Jen Smith at 6-6441.

Volunteers needed: Volunteers are needed to help plan Women's History Month activities. Military and civilian volunteers are encouraged to participate. For more information call the Military Equal Opportunity Office at 6-6210.

Positions available: Choctaw Management/Services Enterprise is currently recruiting for a family advocacy nurse. The nurse will be responsible for administering comprehensive clinical nursing prevention services to high-risk maternal child families to prevent child and spouse abuse. Applicants must have at least a bachelor of science in nursing and a current U.S. license, and experience in community health, family maltreatment and maternal child. Résumés are being accepted by Gene Wilkinson, CM/SE U.S. Air Forces in Europe program manager, at gene.wilkinson@sembach.af.mil and Lara Truppo, CM/SE administrative assistant, at lara.truppo@sembach.af.mil. For more information call, Mr. Wilkinson or Ms. Truppo at DSN 496-6667 or (49) 6302-67-6667.

COMBAT, SPECIAL INTEREST PROGRAM

Crossroads Café

Today: The 39th Contracting Squadron sponsors food and fellowship at the Crossroads Café from 7 to 11 p.m. It is open to everyone ages 18 and older.

Saturday: The Gospel service organization sponsors food and fellowship at the Crossroads Café from 6 to 10 p.m., all ages welcomed. For more information, call Senior Airman Tianna Milagro at 6-6441.

Combat Intro

Combat Intro is cancelled March 8 and 9. All sponsors should ensure their new people visit finance as soon as possible to file travel vouchers. For more information, call Denise Brown at 6-6755.

Incirlik Idol

Competitions for the Incirlik Idol, who will represent the base during the U.S. Air Forces in Europe competition, starts soon. Round one auditions start March 3, 1st round eliminations are March 10, second round eliminations are March 24 and finals are March 31. Rounds and eliminations start at 6 p.m. and are in the club. Sign ups are currently being accepted. For more information, call 6-6101.

Combat Touch happenings

Catholic Sunday Bible Study meets Sundays at 3 p.m. in the chapel conference room. For more information, call Michael Luna at 6-9180. **Chapel-sponsored pilgrimages** to Antioch and the Seven Churches are planned March and April. For more information, call 6-6441. A one day Marriage Building Workshop is 9 a.m. to 4 p.m. March 5 at the Crossroads Café. The cost is \$10 per couple and includes lunch and child care. For more information call 6-6441.

Project Wizard

Children in kindergarten through 12th grade can read books to earn patches and prizes with the Incirlik library's Reading Patch Club. The program runs through May 15. For more information, or to sign up, call 6-6759.



Photo by Senior Airman James Seymore III

Doing their part

Children from Incirlik youth programs participated in a base clean up Wednesday. They picked up litter from the side of the roads. For more information on this and other youth center programs, call 6-6670.



AT THE OASIS

Today

7 p.m. – Meet the Fockers (PG-13) Starring Robert De Niro and Ben Stiller. Now that Greg Focker is "in" with his soon-to-be in-laws, the Byrnes, it looks like smooth sailing for him and his fiancée, Pam. But the hyper-relaxed Fockers and the tightly-wound Byrnes are woefully mismatched from the start. (98 minutes)

9 p.m. – Blade: Trinnity (R) – Starring Wesley Snipes and Kris Kristofferson. Blade is set up by vampires to look like a psychopathic killer and soon has the FBI on his tail. He calls on a team of vampire hunters, called the Nightstalkers, for help. (106 minutes)



Saturday

5 p.m. – The Incredibles (PG) – Animated. A dysfunctional family of famous superheroes, led by the retired and overweight Mr. Incredible, is placed in a quiet suburb by the Witness Protection Program in order to protect them from their arch nemesis. (115 minutes)

7 p.m. – Phantom of the Opera (PG-13)

Starring Gerard Butler and Emmy Rossum. A disfigured musical genius haunts the catacombs beneath the Paris Opera, waging a reign of terror over it's occupants. (143 minutes)

Sunday

7 p.m. – Phantom of the Opera (PG-13) – Starring Gerard Butler and Emmy Rossum. (143 minutes)

Thursday

7 p.m. – Ocean's Twelve (PG-13) – Starring George Clooney and Julia Roberts. Danny Ocean and his crew, having successfully stolen \$150 million Las Vegas casinos in the first film, jet to Europe with three new heists planned. (125 minutes)

AT THE M1

Ladder 49 (PG) — Noon, 2:15 p.m., 4:30 p.m., 6:45 and 9 p.m. (105 minutes)

The Aviator (G) — 11 a.m., 2:30 p.m., 6 p.m., 7:45 p.m. and 9:30 p.m. (170 minutes)

White Noise (R) — 11 a.m., 3:15 p.m. and 7:30 p.m. (101 minutes)

Movie listings are subject to changes. On-base listings are courtesy of the Army and Air Force Exchange Service Web site at <http://www.aafes.com/ems/euro/incirlik.htm>; M-1 listings are courtesy of the Tempe Cinemaxx Web site at www.tempecinemaxx.com.tr. For more Oasis information and updates, call the movie recording at 6-6986 or the theater office at 6-9140.